

RECLAIM YOUR CENTRE

"How much of 'You' is left at the end of the day?"



Saturday

01

August
2026



09:00-16:30



Boschendal, Gate
1685, BE Hive,
Boschendal Estate,

Step away from the weight of a capable life into a day of inner healing at the BE Hive Boschendal . Through a powerful blend of restorative yoga, guided breathwork, and the intuitive creativity of SoulCollage®, you will release unseen exhaustion and regain deep inner clarity.

All day catering: Light snacks and fabulous locally grown organic forest to fork lunch. Please bring your own yoga mat and light blanket.

PAUSE

BREATHE

RECONNECT



Erika Lencses

www.leeltherapy.com

FOR MORE INFO ABOUT HOSTS AND EVENT DETAILS:
CLICK ON THE QR CODE.

SCAN ME



Don Shay

www.artesianlife.org

To book your spot WhatsApp: 072 160 0277 or alternatively email: don@artesianlife.org